

## Claims

What is claimed is:

- 1     1. A composition, comprising: aspirin, magnesium, and nattokinase, and either niacin or  
2     nitroglycerine, said composition having a structural form that is suitable for being introduced into  
3     a body of a person.
  
- 1     2. The composition of claim 1, wherein the composition is adapted to be introduced into the body  
2     of the person for mitigating adverse effects of an imminent or actually-occurring pernicious  
3     thrombotic event in the person.
  
- 1     3. The composition of claim 2, wherein the pernicious thrombotic event in the person is a heart  
2     attack or stroke in the person.
  
- 1     4. The composition of claim 1, wherein the aspirin, magnesium, nattokinase, and niacin or  
2     nitroglycerine each have a therapeutically effective amount for mitigating adverse effects of an  
3     imminent or actually-occurring pernicious thrombotic event in the person.
  
- 1     5. The composition of claim 4, wherein the pernicious thrombotic event in the person is a heart  
2     attack or stroke in the person.

- 1      6. The composition of claim 1, wherein the structural form is a chewable form, and wherein the  
2      chewable form is adapted to being introduced into the mouth of the person.
- 1      7. The composition of claim 6, wherein the chewable form comprises a wafer or a chewable  
2      tablet.
- 1      8. The composition of claim 6, wherein the structural form is a dissolvable form, and wherein the  
2      dissolvable form is adapted to being introduced into the mouth of the person.
- 1      9. The composition of claim 1, wherein the structural form is a liquid form.
- 1      10. The composition of claim 1, wherein the structural form is a spray form, and wherein the  
2      spray form is adapted to being introduced into the nasal cavity of the person.
- 1      11. The composition of claim 1, wherein the structural form is a suppository form, and wherein  
2      the suppository form is adapted to being introduced into the anal cavity of the person.
- 1      12. The composition of claim 1, wherein the composition comprises niacin.
- 1      13. The composition of claim 12, wherein the aspirin has an amount in a range of 650 to 975 mg,  
2      wherein the magnesium has an amount in a range of 300 to 3000 mg, wherein the nattokinase has

3 an amount in a range of 150 to 3000 mg, and wherein the niacin has an amount in a range of 500  
4 to 3000 mg.

1 14. The composition of claim 12, further comprising L-carnitine.

1 15. The composition of claim 14, wherein the aspirin has an amount in a range of 650 to 975 mg,  
2 wherein the magnesium has an amount in a range of 300 to 3000 mg, wherein the nattokinase has  
3 an amount in a range of 150 to 3000 mg, wherein the niacin has an amount in a range of 500 to  
4 3000 mg, and wherein the L-carnitine has an amount in a range of 2000 to 9000 mg.

1 16. The composition of claim 14, further comprising alpha lipoic acid.

1 17. The composition of claim 16, wherein the aspirin has an amount in a range of 650 to 975 mg,  
2 wherein the magnesium has an amount in a range of 300 to 3000 mg, wherein the nattokinase has  
3 an amount in a range of 150 to 3000 mg, wherein the niacin has an amount in a range of 500 to  
4 3000 mg, wherein the L-carnitine has an amount in a range of 2000 to 9000 mg, and wherein the  
5 alpha lipoic acid has an amount in a range of 200 to 10000 mg.

1 18. The composition of claim 16, further comprising L-arginine.

1 19. The composition of claim 18, wherein the aspirin has an amount in a range of 650 to 975 mg,

2 wherein the magnesium has an amount in a range of 300 to 3000 mg, wherein the nattokinase has  
3 an amount in a range of 150 to 3000 mg, wherein the niacin has an amount in a range of 500 to  
4 3000 mg, wherein the L-carnitine has an amount in a range of 2000 to 9000 mg, wherein the  
5 alpha lipoic acid has an amount in a range of 200 to 10000 mg, and wherein the L-arginine has an  
6 amount in a range of 2000 to 12000 mg.

1 20. The composition of claim 18, further comprising coenzyme Q10.

1 21. The composition of claim 20, wherein the aspirin has an amount in a range of 650 to 975 mg,  
2 wherein the magnesium has an amount in a range of 300 to 3000 mg, wherein the nattokinase has  
3 an amount in a range of 150 to 3000 mg, wherein the niacin has an amount in a range of 500 to  
4 3000 mg, wherein the L-carnitine has an amount in a range of 2000 to 9000 mg, wherein the  
5 alpha lipoic acid has an amount in a range of 200 to 10000 mg, wherein the L-arginine has an  
6 amount in a range of 2000 to 12000 mg, and wherein the coenzyme Q10 has an amount in a  
7 range of 300 to 6000 mg.

1 22. The composition of claim 1, wherein the composition comprises nitroglycerine.

1 23. The composition of claim 22, wherein the aspirin has an amount in a range of 650 to 975 mg,  
2 wherein the magnesium has an amount in a range of 300 to 3000 mg, wherein the nattokinase has  
3 an amount in a range of 150 to 3000 mg, and wherein the nitroglycerine has an amount in a range

4 of 0.4 to 2.5 mg.

1 24. The composition of claim 22, further comprising L-carnitine.

1 25. The composition of claim 24, wherein the aspirin has an amount in a range of 650 to 975 mg,  
2 wherein the magnesium has an amount in a range of 300 to 3000 mg, wherein the nattokinase has  
3 an amount in a range of 150 to 3000 mg, wherein the nitroglycerine has an amount in a range of  
4 0.4 to 2.5 mg, and wherein the L-carnitine has an amount in a range of 2000 to 9000 mg.

1 26. The composition of claim 24, further comprising alpha lipoic acid.

1 27. The composition of claim 26, wherein the aspirin has an amount in a range of 650 to 975 mg,  
2 wherein the magnesium has an amount in a range of 300 to 3000 mg, wherein the nattokinase has  
3 an amount in a range of 150 to 3000 mg, wherein the nitroglycerine has an amount in a range of  
4 0.4 to 2.5 mg, wherein the L-carnitine has an amount in a range of 2000 to 9000 mg, and wherein  
5 the alpha lipoic acid has an amount in a range of 200 to 10000 mg.

1 28. The composition of claim 26, further comprising L-arginine.

1 29. The composition of claim 28, wherein the aspirin has an amount in a range of 650 to 975 mg,  
2 wherein the magnesium has an amount in a range of 300 to 3000 mg, wherein the nattokinase has

an amount in a range of 150 to 3000 mg, wherein the nitroglycerine has an amount in a range of 0.4 to 2.5 mg, wherein the L-carnitine has an amount in a range of 2000 to 9000 mg, wherein the alpha lipoic acid has an amount in a range of 200 to 10000 mg, and wherein the L-arginine has an amount in a range of 2000 to 12000 mg.

30. The composition of claim 28, further comprising coenzyme Q10.

31. The composition of claim 30, wherein the aspirin has an amount in a range of 650 to 975 mg, wherein the magnesium has an amount in a range of 300 to 3000 mg, wherein the nattokinase has an amount in a range of 150 to 3000 mg, wherein the nitroglycerine has an amount in a range of 0.4 to 2.5 mg, wherein the L-carnitine has an amount in a range of 2000 to 9000 mg, wherein the alpha lipoic acid has an amount in a range of 200 to 10000 mg, and wherein the L-arginine has an amount in a range of 2000 to 12000 mg, and wherein the coenzyme Q10 has an amount in a range of 300 to 6000 mg.